



Woodstock Area Council on Aging
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 Woodstock, VT 05091
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 www.thompsonscenter.org

Non-Profit Organization
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 Permit No. 33
 Woodstock, VT 05091



MAY 2014

Safe Today, Healthy Tomorrow! Older Americans Month 2014

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older Americans Month is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible. Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year.

While The Thompson provides services, support, and resources to older adults year-round, Older Americans Month offers an opportunity for us to put an emphasis on education and services related to the important topic of injury prevention. We encourage everyone to take control of their safety and live longer, healthier lives.



Here are a few things you can do now to improve your safety today for a healthier tomorrow:

- 1. Join an exercise program.** The Thompson offers Strength & Fitness on Monday, Tuesday, & Thursday at 9a.m.; Bone Builders on Tuesday & Thursday at 2:15p.m.; Yoga on Thursdays at 1p.m.; and Tai Chi on Wednesday mornings in beginner (9:30a.m.) and advanced beginner (10:40a.m.) levels.
- 2. Prevent Falls** at home by removing trip hazards, increase lighting, make stairs safe, and install grab bars in key areas. Annual hearing and vision screening and regular medication review with your doctor or pharmacist also help to prevent falls.
- 3. Get a LifeLine alert system.**
- 4. Exercise your brain** by trying a new activity. Learning a new card game, playing word games, online brain games, writing, painting, or anything *new*, is fitness for your brain.
- 5. Volunteer.** Volunteering is said to be better than medicine for staying healthy. The joy from a fulfilling volunteer role can improve happiness and self-worth and even lower blood pressure.
- 6. Good Food = Better Health.** Studies continue to show the importance of a healthy diet for reducing health problems. The Thompson daily menu is reviewed monthly by a dietician, is low in salt and helps to provide a well-balanced diet. Nutrition counseling is also available on request.

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MISSION

The Thompson Center will act as resource and advocate for our senior population providing timely support on issues that affect aging in our rural community. Our programs and activities will promote the physical, intellectual, and social well being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center will provide a gathering place for our community.



Search for "The Thompson Senior Center" and click "like" for regular updates, pictures, event reminders & invitations, and for tips and interesting articles about health, finances, and Aging in Place.

TSC TRANSPORTATION PROGRAM

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

Medical Rides - \$10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

Local transportation to and from your home to The Thompson and other Woodstock stops - suggested donation of \$1 per ride (\$2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

Monthly shopping trips to West Lebanon depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. **Sign up with the Thompson at least 24 hours in advance.** The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277

FUEL ASSISTANCE INFORMATION

For assistance with applications or information, please call Senior Solutions (formerly the Council on Aging) Senior Helpline at 1-800-642-5119

The Thompson Center

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonseniorcenter.org
Paula Audsley, Outreach Manager,
paulsley@thompsonseniorcenter.org
Diana Leskovar, Program Director,
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Pam Butler, Asst. Program Director,
pbutler@thompsonseniorcenter.org
Ryan Martin, Chef,
rmartin@thompsonseniorcenter.org
Siobhan Wright, Kitchen Asst.,
Gordon Worth, Van driver
Jim Emery, Van driver & maintenance
Nelson Gilman, Medical driver

Senior Solutions (Formerly Council of
Aging for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Community Care Coordinators:-
**Lonnie Larrow, RN, & Katrin
Tchana, MSW**, Ottauquechee Health
Center, 457-3030 ext 4

BOARD OF DIRECTORS

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BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Weekly e-mail newsletter to be sent out every Friday
- Celebration planned for Older Americans Month
- Donations for Monthly newsletter are greatly appreciated
- July Lobster Lunch at TSC instead of trip to Warren's discussed
- Recent fall on the stairs mandates using the elevator when carrying trays or equipment

Please join our next meeting on Monday, May 5, at 1pm.
All patrons and volunteers are invited to attend.

CAN YOUR COINS FOR THE THOMPSON

Because every penny helps! Collection cans are available at the Center for those who would like to save their change for the benefit of the Thompson. All coins collected will support the operations of the center (meals & transportation program deficits, building & utility expenses, etc). Please see Deanna with questions.



THE THOMPSON eNEWSLETTER HAS ARRIVED!

You can now receive weekly emails from the Thompson Center that include the programs, trips, and menu for the coming week.



The newsletter will also include occasional helpful tips and resource information. Most content will be similar to this monthly printed version, but some additional information may be included. The eNewsletter will go out once each week on Friday.

Sign up for the eNewsletter by emailing:
djones@thompsonseniorcenter.org or by
calling (802) 457-3277.

SAFELY DISPOSE OF EXPIRED OR UNUSED PRESCRIPTION DRUGS

Keep yourself and your community safe by getting rid of prescription drugs that are expired or unused. **Call (802) 457-1420** to make an appointment with Woodstock Town Police Chief Robbie Blish or Windsor County Sheriff Mike Chamberlain to **pick up** your expired or unused drugs. **This is a new service provided for residents who may not drive, or who are unable to get to a drop box.** Place prescriptions in their original containers and mark out your name or other personal information if desired. Please note that sharps, needles and liquids will not be accepted.

IN APPRECIATION

IN APPRECIATION

The Woolard family - medical equipment
Sharon Corrigan - walker

ONGOING DONATIONS:

Daily Valley News subscription -
Woodstock Pharmacy

Birthday Cakes - Diane Atwood, Jane Soule,
Carol Towne

Monthly book club selection - Yankee Bookshop
One Story subscription - Boyd Bishop

Transportation Sponsors:

Upper Valley Rehabilitation
Dead River Company
Connected-At-Home
Ottauquechee Plumbing
Mark Knott, DDS
Woodstock Insurance Services
Lang McLaughry Spera Real Estate's Tambrey Vutech
Gateway Motors - car washes



MAY BIRTHDAYS

1st Betty Bond
1st Betty Stetson
2nd Katrin Tchana
2nd Saffron Jobin
4th Vivian Mornis
4th Vaughan Taylor
5th Patricia Wittasek
5th John Blake
6th Eleanor Pizzani
7th Pauline Smith
8th Anne Bower
9th Ariel Voepel
10th Corwin Sharpe
11th Dick Brackett
11th Mary Corrigan
12th Joyce Breault
13th Mary Brand
14th Margaret Maynes
14th Geoff Dates
15th Edna Luce
16th Eleanor Grice
17th Ben Lewis
17th Susan Thumith
17th Christine Dunleavy
20th Cindy Bean
20th Polly Foley
20th Carolyn Harrington

21st Susan Tomlet
21st Nancy Doten
22nd Rodney Croft
22nd Bob March
23rd Penny March
23rd Emma Robinson
25th Darren Boles
25th Marge Grob
26th Ira Wade
26th Siobhan Wright
26th Mona Hoadley
26th Sherry Belisle
27th Pat McCosker
28th Erwin Fullerton
29th Milton Hurwitz
29th Anne Niles
30th Anne Marder
30th Daniel Kenney
30th Phoebe Stadish
31st Phyllis Wood



IN MEMORY OF

JUDGE FRANKLIN S. BILLINGS

David and Renee Lent
Albert & Jean Conklin
Talcott Family: Rob & Judy, Dick & Evelyn, and Becky
John & Nancy Schullinger
Jack & Gina Moore
Sarah Foss
Dexter Foss
Dick & Tookie Staples
Jerry & Joan Oppenheimer
Tony & Janet Wilson
Charlotte Gibson
Orson L. ST. John, Jr.
Melendy Mortiz PLLC
Judge J. Garvan Murtha
Antoinette Brooks-Floyd
Thomas & Paulette Watson
James Gelber

CHARLOTTE BARR

Class of 49 – WUHS

PAUL LENETT

John and Patsy Mathews

PHOEBE FLEISCHER

Muriel Poirier

Please see previous/future newsletters for other memorial gifts. Gifts are listed once in the monthly newsletter immediately following when they are received; this is not a complete listing of gifts for each individual.

Thank you for your contributions in memory of dear friends.

Those who attend Birthday day lunch with a May birthday will receive a complimentary meal on birthday day. Please call to make a reservation for lunch. 457-3277

WELLNESS PROGRAMS

Wellness Clinic & Blood Pressure Screenings Tuesday, May 27, 10 - 12 noon

Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire are held on the 4th Tuesday of each month from 10-noon.

Community Care Coordinator (CCC), Katrin Tchana, has office hours at The Thompson. Times and dates noted on the Program Calendar

Heart to Heart Friday, May 9, 1:00pm

Spring is here and it's time for "Heart to Heart" to reconvene. Everybody is welcome at this informal monthly discussion group led by Katrin Tchana. The topic suggestion for the month of May is "New Beginnings." Spring is a time when we plant new gardens, we begin a new season of growth. Come tell about a time in your life when you had to start over again or try something completely new. We'll meet at 1:00pm in the living room.

MEDICAL EQUIPMENT

Currently available at the Center: Crutches, Commode chairs, walkers, Depends.

IN NEED OF: Wheelchairs, wheeled walkers, and recliner lift chairs.

We've given away dozens in the last few months! It's great to see them re-used! Contact Deanna at 457-3277 for more details. You can also donate or find medical equipment at: www.getATstuff.com

CAREGIVER SUPPORT GROUP Wednesday, May 21, 12:30 pm

Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer's. Please join our confidential monthly support group (with complimentary lunch) on the 3rd Wednesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges.

Foot Care Clinic with Mary Wood Monthly, 9 am - 2:30 pm on the 2nd Friday & 3rd Wednesday.

Mary Wood, retired RN, runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary on the 2nd Friday, or 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you!

A waiting list is kept for each day; **PLEASE** make sure to let us know if you can't make your appointment. **Cost: \$15, please bring your own towel.**

Chair Massages at the Thompson

Wednesdays, 10:00am to noon

Licensed massage therapist, Sara, provides chair massages at the Thompson on the 1st, 2nd, and 4th Wednesday of each month IF there are appointments. The benefits of having a massage on a regular basis are numerous. See for yourself!

Please call in advance to schedule your 20 minute massage and make sure to cancel in advance if you can't make it so that someone else can take your spot and we don't keep our massage therapists waiting!

Cost: 20 minute massage/\$20.00

NEWS & EVENTS

Fraud Forum Presented by Vermont Attorney General's Office and AARP Vermont Wednesday, May 7, 1:00 to 2:30pm

Don't be a target...or a victim!

Every 3 seconds someone's identity is stolen! Vermonters are being targeted every day by all types of scams. People over 50 are especially vulnerable and account for more than half of all victims. Whether it's bogus investment deals, the Grandparent Scam, e-mail ploys, lottery scams, or the newest ID Theft scheme - sophisticated con-artists are busy at work coming up with new ways to get you to hand over your hard-earned money. It's important to keep up to date on the latest scams and schemes to help protect you and the people you care about.

Join representatives from the Vermont Attorney General's office and AARP Vermont for tips, information and discussion on the latest scams and how to protect yourself from becoming the next victim. Please RSVP to 457-3277.

Older Americans Month Luncheon Tuesday, May 6, 2014 at 12:00pm



All patrons are invited to the Center for a time of celebration, recognition, and door prizes during lunch.

Menu: Tossed salad, spaghetti & meatballs, garlic bread, vegetable medley, fresh fruit salad.

Please sign-up in advance by calling 457-3277.

 * **Mother's Day Luncheon** *
 * **Monday, May 12, 12:00pm** *
 * **Menu:** Quiche with asparagus, leeks, and gruyere cheese, roasted potatoes, strawberry spinach salad with goat cheese, plum almond tart. Please sign-up in advance by calling 457-3277 *



Introduction to Skype and Facetime Thursday, May 29, 1:30 to 3:30pm



In this class you will receive help installing and becoming familiar with using Skype and/or FaceTime on your computer or mobile device. These online applications allow you to make voice calls over the internet. You can chat with your friends instantly, video call them by using your webcam and actually see them!

For this class you will need a mobile device, iPad or laptop (with speaker's built-in or separate and a camera/webcam), a notebook and pen, and a few contact names with addresses and phone numbers.

The instructor, Sandy Pariseau, is the owner of *Computer Training for Adults*, serving the Upper Valley communities of Vermont and New Hampshire since 2010---offering needed help and information.

Please call the Thompson Center to register in advance for this **free** class. Space is limited to 8 people.

PROGRAMS

Spring Cleaning Series:

BE INFORMED AND PLAN AHEAD

Is a Reverse Mortgage Right For You? Presented by Kathy Burns Thursday, May 8, 4:30 to 5:30pm

Kathy Burns, of Merrimack Mortgage Company, Inc., will discuss some of the intricacies of this innovative mortgage product. She will share up-to-date information about reverse mortgages, and outline many details of this financing option.

In 2011, the first of the baby boom generation reached what used to be known as retirement age. And, for the next 18 years “boomers” will be turning 65 at a rate of about 8,000 per day (AARP). Many of them will be unprepared for retirement. Learn about the benefits, drawbacks, and misconceptions of reverse mortgages from an experienced professional.

It's Your Funeral: Do It Your Way Presented by Lee Webster Tuesday, May 13, 1:00pm

Today the average American funeral costs between \$7,000 and \$10,000. Instead of burdening loved ones with making uninformed financial decisions while under duress, take the time to plan ahead. Learn how you can make plans that will help your family and friends know exactly what you want. You'll find out the truth about many funeral misconceptions, how to navigate funeral homes, what goes into family-led after death care, what your legal rights and responsibilities are, and about burial options, including “green” funerals. Lee Webster is the Director of New Hampshire Funeral Resources, Education & Advocacy and Vice President of the National Funeral Home Alliance. She is a native Vermonter and well versed in Vermont law, as well.

Downsizing a Lifetime: A Gift for One's Family Presented by Carol Carr Tuesday, May 27, 1:00pm

Eventually, all households downsize. This presentation will focus on the basics of getting started, including where to begin in your home and how to focus your energy to help lighten the load. “De-cluttering” will be discussed for those who wish to remain in their homes but are burdened by “stuff”. Carol Carr started her own De-Cluttering business several years ago and it has taken off! We are happy she is taking the time to share her knowledge and experience with us.



CLASSES & PROGRAMS

Please call the Thompson Center to register for classes in advance, 457-3277

Strength & Fitness

**Weekly classes, Monday, Tuesday & Thursday
9 to 10:00AM**

This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination.
Cost: \$3.00/class or 12 classes for \$30 on a punch card.

Kripalu Yoga - New Day! Thursdays, 1:00pm

This gentle yoga class is for everyone---standers, sitters, experienced and inexperienced. Annie Frates will guide the class through a variety of yoga exercises that will help people gain flexibility, improve posture and spine health, develop strength, and increase breath awareness. **Cost: \$5.00 per class.**



Individualized iPad Instruction

Do you need one-on-one instruction on the use of an iPad? If so, please call Diana or Pam for details and to schedule your private consultation at the Thompson Center. 457-3277. Bring your iPad to the appointment, if you have one.

MEMOIR Group Ongoing, Mondays, 10:15 AM - Noon

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. Each person has an opportunity to read aloud one to two pages each week often triggering group memories and lively discussion.

Tai chi

For Health and Balance

April 23, 30, May 7, 14, 21, 28

Beginner Level (B) ~ Wednesdays, 9:30—10:30AM; Beginners and moderately experienced students will enjoy this series, which will explore seated, standing in place, and moving tai chi. The class uses forms that are based on the Sun style tai chi---the youngest of the tai chi families and the style most oriented towards health. Clinical studies have shown that tai chi helps improve balance and reduce falls. In fact, the Center for Disease Control recommends tai chi for fall prevention.

Advanced Level (Adv) ~Wednesdays, 10:40-11:40AM; This class is for those who have already learned the Sun Style “tai chi for arthritis and fall prevention,” parts 1 and 2. The class will continue to review these forms and will explore Yang 24 forms. The instructor Anne Bower can be reached at: anniebower@yahoo.com; 457-2877 or website: www.anniebower.com.

Cost for series of 6 classes: \$30.00

Bone Builders

**Tuesdays and Thursdays, 2:15 - 3:15pm
Note New Day And Time**

The Bone Builders exercise program, developed at Tufts University, addresses bone health for people of all ages. Women especially may have thinning of bones as early as age 40, but men are welcome in this class and will benefit as well.

Bone Builders classes, with instructor Althea Derstine, are ongoing on Tuesdays and Thursdays each week. Classes are free. **Minimum of six participants required. Please sign up in advance.**

TRIPS, TRIPS, TRIPS



Brunch at the Inn at Shelburne Farms, followed by Farm Tour Wednesday, May 28, 2014 (depart Thompson Center at 9:30am on Butler bus)

Choose from a delicious selection of menu options as we dine in the private dining room, overlooking gardens and beautiful rolling pastures. Following brunch we will meet at the Welcome Center where we will receive a private tour of the farm in an old style open farm wagon.

Return to Woodstock by approximately 4:30pm.

Cost: \$15.00 (brunch on your own)

Note: This trip is limited to 24 people so please reserve your space in advance, with payment.

Cirque Du Soleil-----"AmaLuna"---Marine Industrial Park, Boston, MA. Friday, June 20, 2014

A Cirque du Soleil show is an experience unlike any other, with stunning performances, incredible costumes and enchanting music. Sign up for this trip soon, space is limited.

Itinerary:

- 11:00am Depart the Thompson Center on Premier Coach Bus
12:45pm Dine in the private "Capital Room" of the popular *Common Man Restaurant* in Concord, NH. Select from three entry choices: Roast turkey, pan gravy, cranberry sauce; Grilled steak tips with soy ginger glaze; or Apple walnut chicken. Lunch selections include fresh baked rolls, green garden salad with tomatoes and cucumbers, traditional whipped potatoes, coffee, tea and chocolate cake for dessert.
2:30pm Depart Restaurant for Boston
4:30 to 6:45 Performance
7:00pm Depart for Woodstock (arrive back at approximately 10:00pm)

Coolers will be available for storing leftovers or snacks for the ride home. Cost: \$127.00 (includes coach bus, deluxe lunch, and prime circus seating)

This trip is sold out. Waiting list spots only.

***Kiss Me, Kate* At New London Barn Playhouse Friday, August 15, 2014, 2:00 performance (depart on Thompson Van at 12:30PM)**

As Cole Porter's most successful musical and a true American masterpiece, *Kiss Me Kate* has been enchanting audiences for over 65 years. Enjoy the backstage/onstage antics of two feuding romantic couples during a touring production of *Taming of the Shrew*, and savor such irresistible classics as "Brush Up Your Shakespeare", "So In Love", and "Another Openin', Another Show".

Cost: \$30.00 (includes gas & ticket). Space is limited so please reserve your space with payment.

PROGRAMS

Medicare Counseling May 6, 13, 1:00 to 3:00pm

If you are approaching age 65 and you have questions concerning how to sign up for Medicare, help is available at no cost. Medicare Counseling by a Vermont SHIP (State Health Insurance Assistance Program) Medicare Counselor from Senior Solutions is provided at The Thompson Center every month on an as-needed basis. Call The Thompson at 457-3277 for available dates in upcoming months for your free one-hour consultation appointment. All new or current Medicare beneficiaries should bring the following:

1. A Medicare card if you have one
2. Any other health insurance cards: Ex: EGHP plans, retiree plans, COBRA etc.; A copy of other health insurance plans if requesting comparison to Medicare costs.
3. A list of prescription medications including drug name, the dosage amount and quantity of medication for a month's use.
4. Monthly income and assets to see if there is eligibility for any assistance programs such as the Medicare Savings Program, VPharm or Medicaid.

Early Stage Memory Support Group

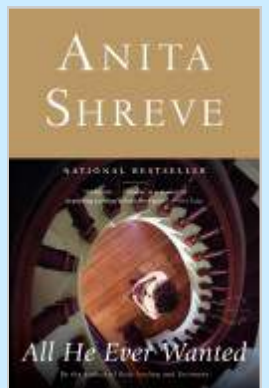
This summer a new group will be starting at The Thompson Center for those diagnosed with an early stage memory disorder, facilitated by Susan Moor. Alzheimer's disease, and related disorders, can now be diagnosed earlier in the disease process than ever before, sometimes when people have very few symptoms. This support group will give participants an opportunity to meet others with similar issues, learn how to manage symptoms, and gain support. Care partners are encouraged to attend as well.

Susan has been working in the field of dementia since 2005. She was the Social Services Manager for an adult day health program in Massachusetts and later held the title of Early Stage Program Coordinator with the Massachusetts/New Hampshire chapters of the Alzheimer's Association. She has facilitated a variety of support groups over the course of seven years and trained others to facilitate groups. Susan recently relocated to Woodstock, Vermont with her husband.

If you are interested in joining this group, please contact Katrin Tchana at the Ottauquechee Health Center (802) 457-5414, or email her at katrin.tchana@mahhc.org. She can also be reached at the Thompson Center on the third Wednesday of each month.

BOOK GROUP Wednesday, May 14, 1:00pm

This month Pru Schuler will lead the book group in a discussion about *All He Ever Wanted* by Anita Shreve. Evoking the language and society of life in the early 1900's, author Anita Shreve believably takes on a man's point of view in her novel *All He Ever Wanted*. The book centers on a professor's relationship with his wife, but reveals her strength and the secrets she keeps to survive emotionally. There are twists and turns that will keep you turning page after page. ***The book group welcomes newcomers!***



PROGRAM CALENDAR - MAY 2014

Mon	Tue	Wed	Thu	Fri
			1	2
BINGO daily at 10:30 am except on birthday day and other special meal days.	* Indicates that Sign up/Reservations Required		9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 2:15 Bone Builders	12 German Table
5	6	7	8	9
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Advisory Meeting	9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table 12 Older Americans Month Lunch* 1 Scrabble 1-3 Medicare help* 2:15 Bone Builders	9 W. Leb Shopping* 9:30 Tai Chi (B)* 10-12 Chair Massages* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 12 French Table 1 Fraud Forum	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 2:15 Bone Builders 4:30 Reverse Mortgage Talk	9 – 2:30 Foot Clinic* 12 German Table 1 Heart to Heart
12	13	14	15	16
9 Strength & Fitness 10:15 Memoir Club 12 Mother's Day Lunch* 1 Bridge	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 1 Funeral Planning talk 1-3 Medicare help* 2:15 Bone Builders	9:30 Tai Chi (B)* 10-12 Chair Massages* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 12 French Table 1 Book Club	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 12:30 Lucy Mac Pet visit 1 Yoga* 2:15 Bone Builders	12 German Table
19	20	21	22	23
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Club 1 Bridge	9 Strength & Fitness 10 Double King Pede 11:30 Commodities 12 Spanish Table 1 Scrabble 2:15 Bone Builders	8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 9:30 Tai Chi (B)* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 12:30 Caregiver Group 12 French Table	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 2:15 Bone Builders	12 German Table
26	27	28	29	30
Memorial Day Closed	9 Strength & Fitness 10 - 12 Wellness Clinic 10 Double King Pede 12 Spanish Table 1 Scrabble 1 Downsizing Talk 2:15 Bone Builders	9:30 Shelburne trip departure* 9:30 Tai Chi (B)* 10-12 Chair Massages* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 11:30- 2 CCC Office Hours 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 1:30 Intro to Skype & Facetime* 2:15 Bone Builders	12 German Table

MENU - MAY 2014

Mon	Tue	Wed	Thu	Fri
			1	2
Meal Pricing: ** \$ 7 charge for those under age sixty ** \$ 5 suggested donation for ages sixty and over	* indicates that sign-up/reservations are required (Birthday Day & special holiday meals)	Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.	Tilapia w/ Lemon, Onions, Peppers in foil, Vegetables, Baked Potato, Warm Apple	Chicken burritos, bean salad, Cookie and Fruit
5	6	7	8	9
BLT Wraps, Apple & Squash Soup, cottage cheese Cannoli Cake	Older Americans Lunch Event* Tossed Salad, Spaghetti & meatballs, Garlic bread, Vegetable Medley, Fresh Fruit salad	Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach supreme(spinach, sour cream, parmesan and Monterey Jack Cheese) Chef's Choice Dessert	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, roll Lemon Curd Bars	Chef's Choice
12	13	14	15	16
Mother's Day Lunch* Quiche with asparagus, leeks, and gruyere cheese, roasted potatoes, strawberry spinach salad with goat cheese, plum almond tart	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussels Sprouts, Sorbet & Fruit	Grilled Pesto Chicken Breast, Lemon Risotto with Peas, Marinated Vegetable Salad, Fruit Crisp	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucum-ber/Dill Salad, Baked Apples	Grilled Chicken Caesar Wrap, Hearty Vegetable Minestrone, Brownie Sundaes
19	20	21	22	23
Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Coconut Cream Pie	Chef's Choice	Stuffed Meatloaf w/ Spinach & Cheese, Parsnip Mashed Potatoes, gravy, Peas & baby carrots, Fresh Fruit Parfait	Birthday Day* Herb Roasted Pork Loin w/ Peaches Roasted Red Skinned Potatoes, Springtime Vegetables, Cake & Ice Cream	BBQ Chicken legs Potato Salad, Fire-cracker salad, Peanut Butter and Chocolate Sandwiches
26	27	28	29	30
Memorial Day Closed	Grill Day Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Coconut Macaroons w/ Pineapple	Tossed Salad, Grilled Tuna & Vegetables in herb butter, Brown Rice, Cherry Cheese-cake	Chili, Corn Bread, Cole Slaw, Hot Fudge Sundae w/ Banana